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Sept. 8, 2000

Tyndall makes changes to motor vehicle supplement

Tech. Sgt. Sean E. Cobb

*325th Fighter Wing
public affairs*

Recently, several changes were made to the Tyndall supplement to Air Force Instruction 31-204, *Air Force Motor Vehicle Traffic Supervision*. The most notable changes concern base vehicle-entry requirements. These changes will expedite traffic flow through the gate and ensure all vehicle operators entering the installation possess required documentation.

"The main reason we changed the supplement is because we found a lot of people did not have proof of insurance as required," said Master Sgt. Les Snyder, 325th Security Forces Squadron police services. "So we thought adding the requirement for proof of insurance at the base level should be reflected in the supplement."

In accordance with the new supplement, all vehicles other than commercial vehicles must have a valid Department of Defense decal or AF Form 75, a visitor's pass, to enter the installation. Personnel who routinely enter the base must obtain a vehicle decal from the Security Forces Pass and Registration office, located in Building 662, Suite 220.

Decals must be affixed to the windshield of the vehicle on the upper middle or the lower left-hand side and cannot be affixed to plates fastened to bumpers or to license plates. "The reason why we added this to

the supplement is because the decals are designed to be permanently affixed so they can't be stolen or moved to another vehicle," Snyder said.

"Another good reason is so the gate guards have consistent locations to look for the decals. This will expedite gate entry for everyone," Snyder said.

The AF Form 75 is a temporary pass used for guests visiting the base, or by DOD identification cardholders who have purchased a new vehicle. Additionally, an individual driving a rental car will obtain an AF Form 75, which is valid for the duration of the rental contract.

Special events are the only exception to the requirement for privately owned vehicle registration. Authorized DOD identification card-holders hosting a special event such as a wedding or birthday party, to which more than eight civilian guests in different vehicles are invited, may submit a list of guests to security forces. All lists submitted must be alphabetized to avoid traffic delay and ensure swift processing of guests at base-entry control points. Prior to base entry, the guest will be required to present a valid driver's license to the base-entry controller who will verify the individual's name on the posted special-event listing.

For routine guest visitation, sponsors should contact the visitor control center at

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2nd Lt. Chris Dunn

Crank it up ...

Senior Airman Ernest M.R. Walbert, 325th Security Forces Squadron combat arms instructor and armorer, tightens a gas plug and checks for gas leaks during a monthly serviceability inspection of an M-60 machine gun.

First group retires under High Three retirement plan

WASHINGTON (AFPN) — Twenty years after the High Three retirement plan became law, the first Air Force members affected by the plan are eligible to retire beginning Oct. 1.

The High Three plan was authorized under the Fiscal 1981 National Defense Authorization Act and took effect Sept. 8, 1980. Under the plan, calculating retirement pay is based on the average

of each service member's highest 36 months of basic pay multiplied by 2.5 percent of the retiree's years of service.

Before passage of the 1981 NDAA, retirement pay was calculated based upon the retiree's final basic pay multiplied by 2.5 percent of their years of service. The change brought military retirement computation in line with federal civilian service retirement and

helped reduce overall cost.

"A service member's date of initial entry into uniformed service, or DIEUS, determines which retirement plan he or she falls under," said Maj. Jeffrey Keef, Air Staff chief of estate planning and special pay policy.

"The DIEUS, a fixed date, is the date a member initially accepted a commission, appointment or enlistment in any Reserve or regular

component," he said. "It includes, for example, enlistment as a Reserve member in an ROTC program, enlistment in the Delayed Enlistment Program or entry into the Air Force Academy."

"Those whose DIEUS date is prior to Sept. 8, 1980 will retire under the Final Pay retirement plan," Keef said. "Those whose DIEUS date is on or after Sept. 8, 1980 will retire under the High

Three plan. This means their retirement is computed a different way."

For example, two master sergeants retiring with 20 years of active service on Oct. 1 may fall under two different plans. Under the Final Pay plan, the sergeant who signed a delayed enlistment

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F-22 Raptor completes 13th test

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — The F-22 static test team completed 13 of the 19 planned air vehicle ultimate-load static tests on the F-22 Raptor recently.

This latest event tested the F-22's mid-fuselage structure and engine inlet ducts, according to David Bushroe, F-22 System Program Office strength and static test lead. The loads applied during the test condition were based on maneuver loads and engine inlet duct pressures the F-22 could experience during operational usage.

Bushroe said this was a critical test condition for the F-22 test program and one in a series of significant conditions planned. The remaining air vehicle test conditions will simulate design loading of other major structural components, including vertical stabilizers, aft fuselage and wings.

Full-scale static testing of the F-22 is being conducted at Lockheed Martin's Marietta, Ga. facility. The ultimate load tests consist of 19 "air vehicle cases" and a set of "local cases," according to Bushroe.

The air vehicle tests, scheduled to run through October, are the first phase of the full-scale ultimate static test program. They are designed to test the strength of an aircraft's primary components at 150 percent of the forces and pressures it would experience in actual flight. Limit-load tests, completed last year, tested the aircraft at 100 percent of simulated flight conditions.

When the air vehicle cases are complete, the F-22 program will begin the full-scale ultimate static test program's second phase, which is a series of tests designed to exercise the aircraft's localized structure. These tests will run through April 2001.



Courtesy photo

The F-22 Raptor is the replacement for the F-15 Eagle air-superiority fighter. The F-22's integrated avionics give it first-look, first-shot, first-kill capability that will guarantee U.S. air dominance for the next three decades.

Team Tyndall Pride

Take pride in Team Tyndall and its beauty. Pick up trash if you see it or do a self-help project — we all reap the benefits of a clean environment.



New Air Force advertisements available online

WASHINGTON (AFPN) — The Air Force released six new advertisements which can be seen in movie theaters and on television. Now, the ads can also be viewed online.

On Saturday, the commercials titled “Bumper Sticker,” “Radar” and the 30-second version of “People” aired between noon and 3 p.m. on FOX Network during regional coverage of Major League Baseball. “Bumper

Sticker” and “Radar” aired Sunday, between noon and 3 p.m. on CBS’ “NFL Today,” and “Bumper Sticker” made its third showing during “The Simpsons” on FOX between 7 and 7:30 p.m.

Major League Baseball and NFL Today will also use five and 10-second “billboards” throughout their broadcasts. A five-second billboard announced during a baseball game will say, “Today’s game is brought to you

by America’s Air Force — No One Comes Close.” A 10-second billboard announced during the football show will say, “The NFL Today is brought to you by nearly three-quarters of a million remarkable people, serving their country . . . America’s Air Force — No One Comes Close.” The billboards will also feature the Air Force’s new symbol.

In the upcoming television season, the new commercials will air

during several prime-time TV programs, including “Who Wants To Be A Millionaire,” “Malcolm in the Middle,” “Buffy The Vampire Slayer” and “Star Trek Voyager.” They will also run on cable television networks such as MTV, ESPN, TNN and BET.

Versions of the ads can also be seen on AFTV beginning with the Sept. 18 edition. Air Force bases that receive the videotape version of Air Force Television

News will receive all six ads, plus a motivational video for internal audiences.

The new commercials are the work of Jerry Grant, producer; Bob Richardson, Oscar-winning director and photographer; and the corporate branding agency Siegelgale.

The new TV ads are the next wave in the Air Force’s on-going efforts to recruit and retain quality people.

●**VEHICLE from Page 1**

283-4070, on the day guests are expected to arrive. This will expedite guest entry to the base. Sponsors are responsible for the conduct of their guests at all times while they are on the installation.

AFI 31-204 and Florida State Statutes 320.0605 and 316.646 require that personnel possess a valid driver’s license, current state registration and proof of insurance for the vehicle they are driving. Security Forces will not issue an AF Form 75 to individuals without this required documentation. “People must have the proper documentation to get their vehicles registered with us,” said Staff Sgt. David G. Tubridy, 325th SFS pass and registration NCOIC. “We will not issue their base registration without this information.”

Additionally, personnel may be cited for failure to have proper documentation while they are operating a motor vehicle.

Over 10,000 vehicles pass through Tyndall’s gates each day. Everyone’s help in following vehicle registration and guest-entry procedures will ensure we maintain the proper balance of base security and orderly flow of traffic. For more information about base entry requirements, call Snyder at 283-2433.



●RETIRE from Page 1

contract on June 4, 1980, and came on active duty Sept. 23, 1980 will calculate retirement pay as follows: \$2,660 (final basic pay) x 50 percent (multiplier for 20 years) = \$1,330 retired pay.

The master sergeant who enlisted and came on active duty Sept. 8, 1980 under the High Three plan would calculate retirement pay this way: \$2,422 (average of highest 36 months basic pay) x 50 percent (multiplier for 20 years) = \$1,211 retired pay.

The sergeant retiring under the Final Pay plan would receive about \$119 more per month than the one retiring under the High Three plan. The difference could be greater if they were retiring later (thereby increasing the multiplier) or if the individual under High Three had been promoted later (thereby decreasing their high 36-month average).

Air Force Personnel Center Headquarters has a very helpful web site which explains the terminology and all three retirement plans currently in effect. For individuals interested in

seeing what their estimated retirement pay will be, the retired pay calculator can be accessed at: www.afpc.randolph.af.mil/retsep/.

Please note that retired pay estimates use the current pay chart (pay raises are not factored in) and do not include taxes. When members apply for retirement, the Military Personnel Flight Relocations Office will assist them in explaining the retirement program they fall under and help them estimate their retired pay. For more information call personnel relocations at 283-2244.

Communication is vital during a hurricane; know who to call.



Contingency phone number: (877) 529-5540 — This toll-free number is used to disseminate critical information during contingencies such as hurricanes. Use the contingency phone number to keep informed of a situation's current status.

Duty information number: (800) 435-9941 — Use this toll-free number to contact Tyndall for return-to-duty information and status of the base.

Air Force Personnel Center: (800) 435-9941 — A military member can call this number to report their location during the evacuation and receive further instructions.

Viewpoint

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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	13	7	+6

Commander's Corner:



Brig. Gen. Hodgkins

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

It's great to come off a wonderful holiday weekend and share some equally fantastic news with Team Tyndall.

The announcement was made Thursday that eight members from Team Tyndall were selected for promotion to colonel. A hearty congratulations goes out to Lt. Cols. **Charles W. Eyler**, 325th Training Squadron, **Alison R. Hill**, 53rd Weapons Evaluation Group, **Donald R. Huckle Jr.**, Air Force Research Laboratory, **Anthony J. Rock**, 95th Fighter Squadron, **Frank A. Palumbo Jr.**, 325th Operations Group, **Scott J. Mason**, formerly with 1st Air Force and **Glenn M. Scott**, formerly with the 325th OG. It's always gratifying to see hard work, dedication and commitment to the Air Force core values rewarded in such a satisfying way. I challenge you to use this opportunity and new rank to reach even more people, overcome future challenges and continue to make our team and the Air Force better.

Soon we will have the distinct pleasure of hosting the Air Education and Training Command commander, Gen. Hal M. Hornburg. Gen. Hornburg assumed command of AETC in June after serving as vice commander, Air Combat Command. A command pilot with 4,000 hours in 10 aircraft, he brings command and combat experience to an arena where warriors are born. Let's continue to look sharp, keep Tyndall looking good and welcome him in Checkertail Clan style — leading the way to air superiority!

While we're on the subject of warriors — before they're trained, they're recruited. One of the best tools to accomplish this is with television commercials. The Air Force has launched six new advertisements and you can sneak a preview on the web at: www.af.mil/airforcestory/ads. I encourage everyone to visit the web site, watch the new commercials and see how our new logo and motto are

being used to spread the word. By the way, we're all recruiters — just by wearing the uniform.

Last week we accomplished another milestone in our efforts to prepare for the upcoming Operational Readiness Inspection. Our exercise-evaluation team held two back-to-back tabletop major accident response exercises Aug. 31. We successfully identified opportunities for improvement, but more importantly generated candid discussions concerning how we do business. I encourage everyone at all levels to do the same thing in preparing not only for the ORI but also for day-to-day operations.

Today we also welcome back some folks who have put their readiness to the test deploying with AEF 7. Staff Sgt. Larry Ilkenhans, 325th Security Forces Squadron team leader and twelve team members return today from Prince Sultan AB, Saudi Arabia. Their return marks yet another successful deployment and demonstrates one way Team Tyndall plays a role in Global Engagement. Welcome home!

Well, it's that time of year. I'm sure you've all seen the yellow school buses running around, taking kids back to school, marking the end of summer vacation. Those buses carry the most precious cargo in the world. I encourage everyone when traveling on and off base to be extra careful commuting to work each day. Be particularly cautious at intersections and school crossings, and heed the warning lights of buses. Everyone wants to see the kids make it home safe and sound.

Finally, please take the time to give during the Combined Federal Campaign when it kicks off Sept. 18. It's a worthy cause helping organizations in the local area and all over the nation. There are very few of us, if any, who won't be touched during our lives by the helping agencies represented during this campaign. So please join me in making this a successful venture.

Remember... no one comes close! Have a great Air Force week.

Action Line



Courtesy photo

Melissa Mullinax, 325th Contracting Squadron procurement analyst, receives a wing coin from Col. William L. Bledsoe for her efforts to deploy the 325th CONS new computer system. The new system, the Standard Procurement System, was brought on line July 31.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Grateful nation appreciates sacrifices of service members

Lt. Col. Dave Henderson
384th Air Refueling Squadron
director of operations

MCCONNELL AIR FORCE BASE, Kan. (AFP) — Recently, I attended a military funeral, and during the service I reflected: Why is it, 40 years after a veteran has left the military, people so strongly remember that this individual served his country?

I can remember when World War II veterans from my local community died. For each one, there was as much in their obituary about their military service as for the other 60 or more years of their life. How can it be that these people are remembered so much for what ultimately was a relatively few years of their life?

I think the answer is sacrifice. By the very fact they were veterans, these people gave some

period of their lives for the good of this nation. They didn't all give the same. Some answered the call during a time of crisis, while others spent an entire career in the military. Some maintained, some operated, some administered. Some supplied the bullets to the front, some fired the bullets across the front, some didn't return from the front. All answered the call.

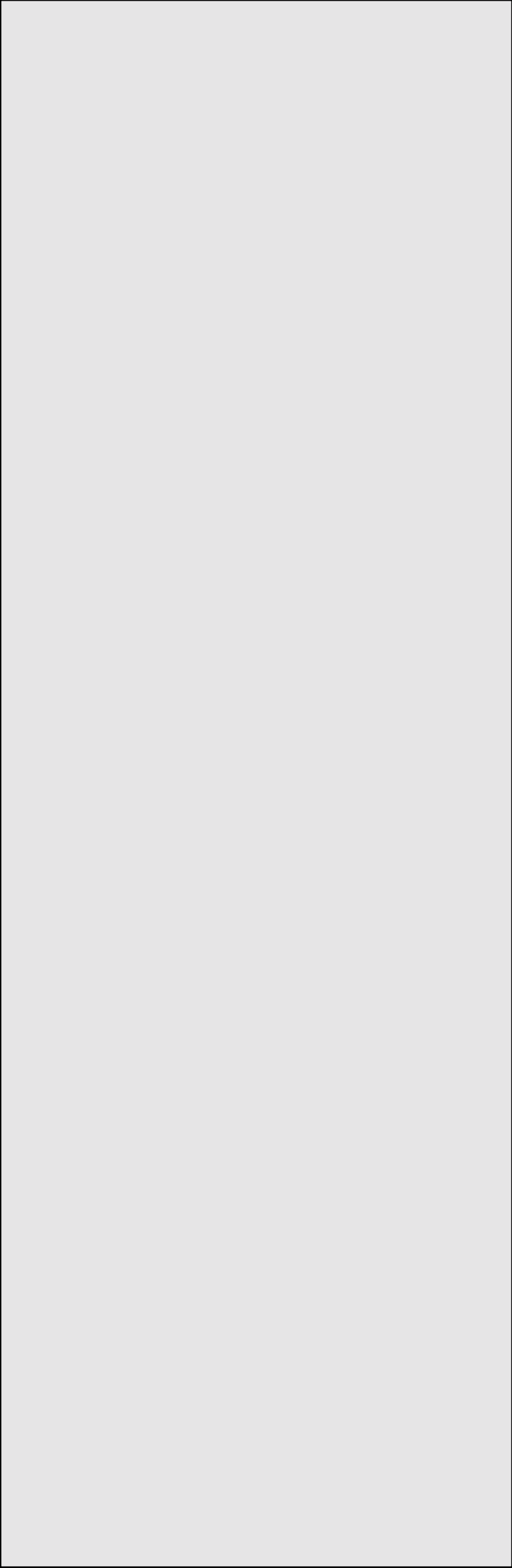
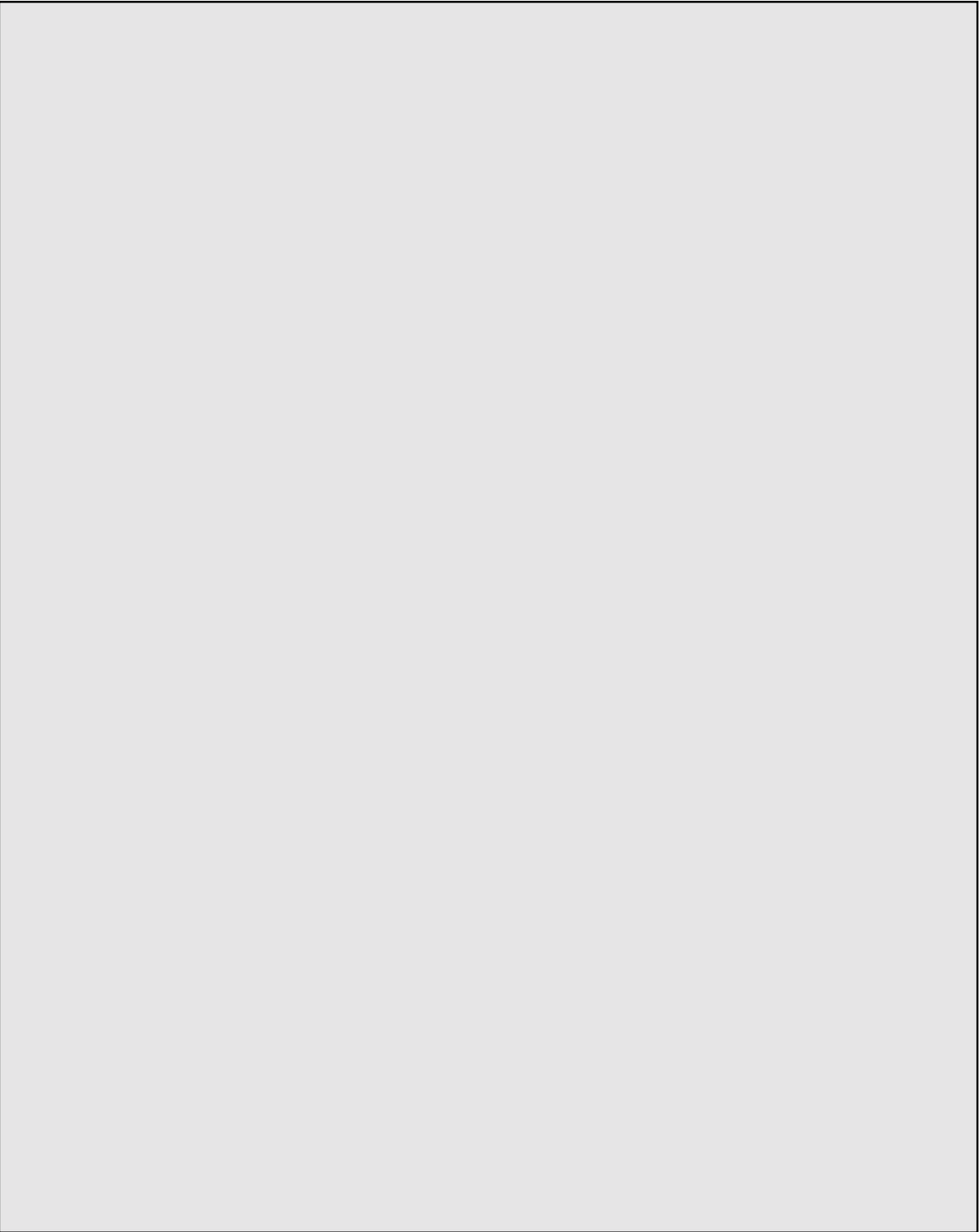
Consider these honored veterans and think about what you are doing now. Perhaps you think you simply go to the office or the flightline and put in your 12 hours. Or perhaps you look ahead to the day when you can make the transition back to civilian life. Either way, don't miss the here and now.

Each day, we all live an adventure. Sure, it may sound like a commercial, but think

●**NATION from Page 5**
about it. How many of your old friends from back home are dealing with millions of dollars worth of equipment every day? How many of them can say, if they don't get their job done exactly right, someone else may pay the price with their life? And who among them can say that what they do provides security for an entire country? How many of them can say they lived away from their loved ones for months on end because it was important to the well-being of the nation? And how many of your peers do you believe have thought about the possibility they could give

their life in the course of doing their job?
There are some. Certainly police and firefighters provide our communities with protection and certainly they risk their lives, but military members do this on the grand scale — for the whole. Someone actually does think about your sacrifices — our grateful nation that so readily honors our veterans. It is precisely because many people have pondered these sacrifices that veterans are remembered so much for their service, even 40 or 50 years after they have left active duty.
At the military funeral I was

thinking, here lies a man who put his life on the line to protect us all. Was he any braver than the rest? Maybe, maybe not. But when this country had a tough job to do, there is no doubt that he said, "I'll do it."
Whether you realize it or not, you are that person, right here, right now. You have said, "I'll go to the far corners of the earth. I'll endure long separations from my loved ones." You ask little in return, considering what you give this nation.
To you it may seem like any other job, but your country will remember your sacrifices for all of your days. You have, in essence, said, "I'll do it."



Air Force gets the word out ... we are now hiring

Susan Griggs
*81st Training Wing
public affairs*

KEESLER AIR FORCE BASE, Miss. (AFPN) — During her recent visit to the 81st Training Wing, Undersecretary of the Air Force Carol DiBattiste underscored the importance of attracting and retaining “young people who want to serve their country, learn a skill, get immediate responsibility and be a member of the greatest team in the world.”

When DiBattiste assumed her current position last year, Air Force Chief of Staff Gen. Michael E. Ryan and Secretary of the Air Force Whit Peters asked her to focus most of her energy on recruiting and retention initiatives. She brings strong credentials to the job — 20 years of active duty as an enlisted

member and officer, including three assignments as a recruiter.

On the recruiting side, DiBattiste pointed out four specific actions-in-progress to boost recruitment figures:

- The number of recruiters has been doubled from 800 in November 1999 to 1,600 today.
- Enlistment bonuses are being offered for hard-to-fill skills in the mechanical and electronics career fields.
- A major advertising campaign was launched this month to bring the Air Force message to movie theaters, Olympics programming and baseball broadcasts, as well as to prime-time, cable and syndicated television. DiBattiste noted that the campaign “focuses on our people — they’re the key to keeping our Air Force the top air and space force in the world.”
- An intense public awareness

program is enlisting the support of Congress, school systems, business and civic leaders and retirees to “get the word out that the Air Force is hiring,” DiBattiste commented. “We want young men and women and their parents to know what the Air Force has to offer,” she said.

On the retention front, the undersecretary said that the Air Force is striving to keep highly trained military professionals on its team. DiBattiste said the Air Force goal this year is to retain 55 percent of its first-term airmen, 75 percent of its second-term airmen and 95 percent of its career airmen. Currently, the percentages are 52, 69 and 91, respectively.

Several actions aimed at retention have been implemented, such as significant pay raises, improved retirement benefits, incentive pay for critical career

fields, improved health care, spousal employment assistance, pilot programs at six bases to extend child-care hours and other quality-of-life initiatives.

“The Air Force is a retention force, and if we’re going to retain our quality people, we have to take care of our families,” DiBattiste emphasized.

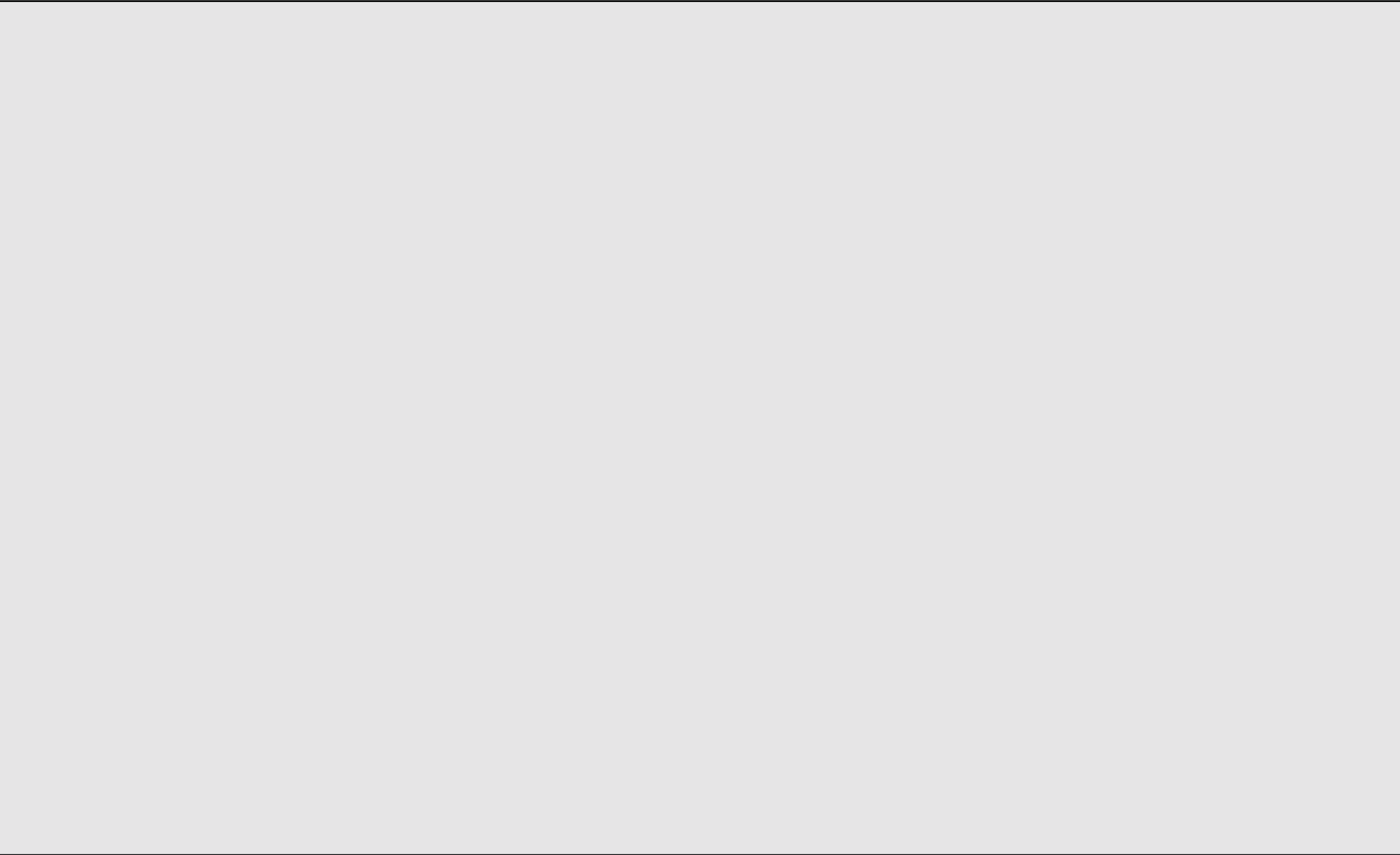
The Air Force is also offering resource “tool kits” to commanders “so they can better mentor and work with our men and women ... to help them make the right decisions when they come up to that time to decide whether they’re going to stay in,” she added.

Responding to concerns about the impact of health-care benefits on recruitment and retention, DiBattiste said proposed improvements for the TRICARE Prime program “will be a step forward for our active-duty members, their spouses and

dependents.” She was also hopeful that retiree discontent over eroding medical benefits was not taking a significant toll on the number of young people choosing Air Force careers.

“It’s important to continue to address these ongoing medical-care issues,” the undersecretary said. “I’m a retiree, too, and Congress is working to ensure that retirees get the health care that they deserve and that they served for. We’re working on more pharmacy benefits for retirees in this fiscal year. Long term and always on the plate is health care for our retirees when they reach the age of 65.

“We want our retirees to be happy — we want them to help us recruit young people and to help us retain the people that we have and we want them to remain a part of our community,” she stressed.



Five steps to safer health care

Army Staff Sgt. Kathleen Rhem
American Forces Press Service

WASHINGTON (AFPN) — It's your health, and defense medical officials want you to know some simple steps you can take to safeguard it as a Department of Defense health-care patient.

"We want to make people understand there are certain things they can do that will minimize patient errors and, even more, will help draw them into their own care," said Dr. John Mazzuchi, Office of the Assistant Secretary of Defense for Health Affairs deputy for clinical and program policy. "An individual person is responsible for his or her own health care, too. We want them to be in a partnership with their doctor."

To help build this partnership, the Quality Inter-agency Committee, a group of health-care professionals from several federal agencies that deals with quality and safety issues in medi-

cine, came up with a list of five things individuals can do to safeguard themselves from medical errors.

- Speak up if you have questions or concerns. Mazzuchi said he wants patients to understand asking questions should not be seen as challenging the physician. "I'm sure it can be somewhat uncomfortable for a young enlisted person or a spouse of a young enlisted person to be sitting in front of a full colonel who's the physician and start asking questions," he said.

Mazzuchi stressed he is not suggesting patients question the doctor's intelligence, integrity or motivation. "But if you have questions as a patient, you need to get those questions answered," he said, noting that patients do a better job of following instructions if they understand the instructions clearly.

- Keep a list of all medications you take. "Clearly, medication errors are a major concern because we write so many prescrip-

tions," Mazzuchi said. Because medications can counteract each other or cause a serious reaction when combined, he said, it is critical for patients to tell their doctor and pharmacist what medications they are taking, including over-the-counter drugs and supplements, and any allergies they might have.

- Get the results of any test or procedure. "Don't assume that because the doctor has not gotten back to you in two weeks, everything was fine," Mazzuchi said. "That doesn't mean that it couldn't have been lost in the mail; it could have been misplaced somewhere; the doctor thought the nurse called, the nurse thought the doctor called."

Individuals should call their health-care provider and ask for an explanation of results they do not understand. "Sometimes people write 'right' instead of 'left,' or they write 'yes' instead of 'no,' or 'positive' instead of 'negative' — not because they're bad people but because we all make mistakes," he said. "If a result comes back that seems strange, I think it's important for any patient to pick up the phone and call the doctor, the nurse, the lab technician or whomever you're supposed to call, and say, 'I don't understand these results; can you go over them with me?'"

- Talk with your doctor or health-care team about your options if you need

hospital care. "Certain hospitals do a better job with certain types of surgery than others," Mazzuchi said. "So whenever there's an option, you'd want to go to the hospital that has a record for the best outcomes."

- Make sure you understand what will happen if you need surgery. "If something different happens from what the physician tells you to expect, then you need to bring that to the physician's and nurse's attention immediately. You may be having something bad happening to you and you need to say so right away," Mazzuchi said. It is easier to treat you when a problem is brought up right away than when you wait, he noted.

Mazzuchi said the DOD is also working to educate health-care providers on these issues to make this partnership between provider and patient easier. "We are educating both those physicians who are coming up through medical school and those who

are already in practice about the need to go over options and to bring the patient into the health decisions that are being made," he said.

Medical errors might always happen, but there are ways to mitigate their seriousness. "Patient errors don't happen because you have bad people, they happen because health-care providers — physicians, nurses, psychologists — are human beings and they make errors," Mazzuchi said. "They get tired; they get overwhelmed; they get absent-minded and they make mistakes."

"But when you're informed, when you really know what's going on about your health care, when you understand your options, when you understand what's probably going to happen to you and what's going to happen to you after you recover, when you understand what your lab results are and what they mean, you can take better care of yourself," he said.



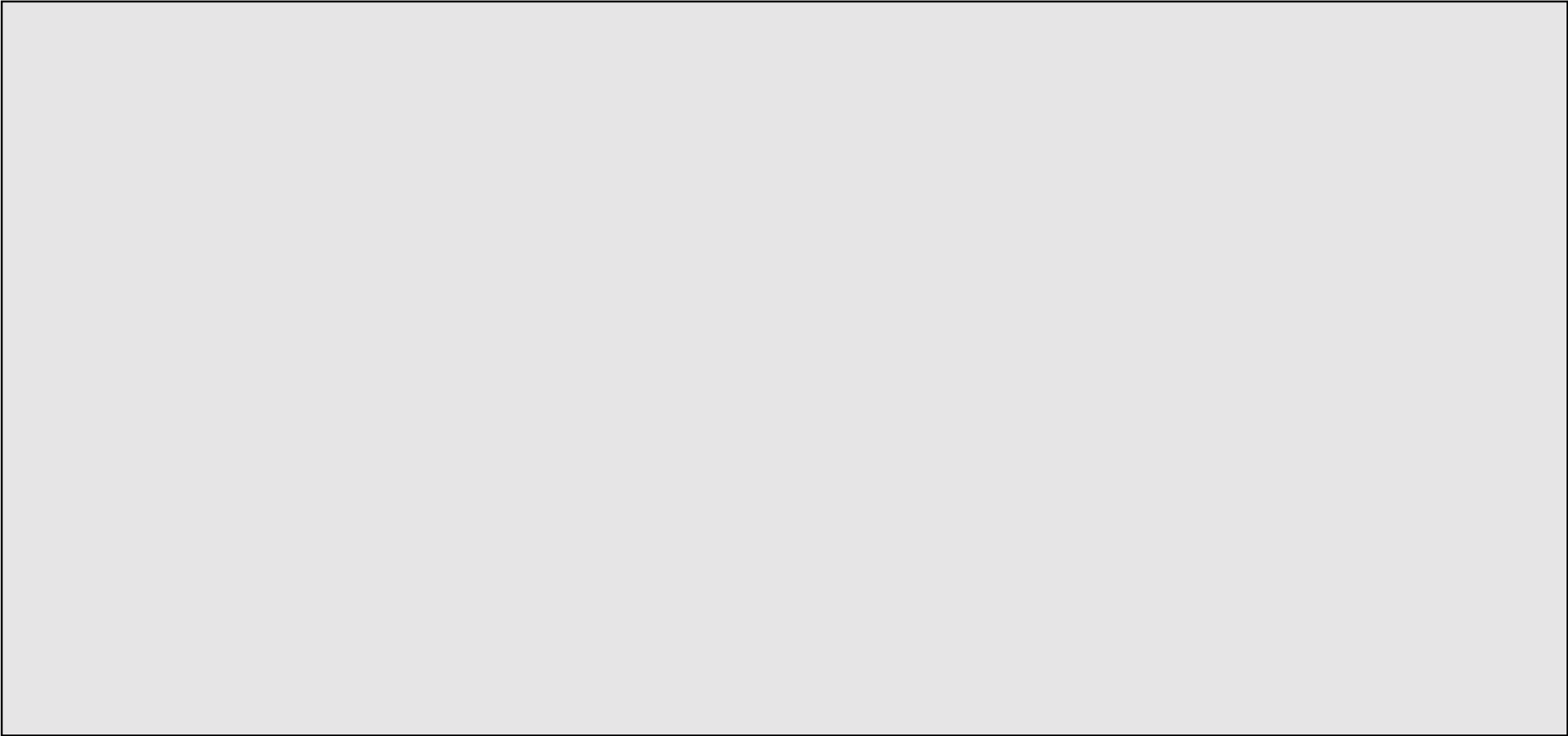
ALL YOU CAN EAT PIZZA BUFFET

Sports Page Pizza Pub

10:30 a.m.-1 p.m. Monday and Thursday



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.



A new age dawns for military families

Linda D. Kozaryn
American Forces Press Service

PHOENIX (AFPN)— Uncle Sam does not issue wives and husbands, but more than half the military force has families — and they are here to stay.

A new age has dawned, according to senior defense officials who attended the Department of Defense’s Family Readiness Conference Aug. 22-24 in Phoenix, Ariz. The confer-

ence was held because defense leaders recognized the vital role families play in supporting military readiness.

More than 800 family-support specialists gathered in Phoenix to talk about a subject that has been a top Pentagon priority in recent months. People came from active-duty and reserve component units throughout the United States and overseas. This meeting was the first of its kind since 1992.

Defense Secretary William S.

Cohen and his wife, Janet Langhart Cohen, seem to have sparked a fire in the support community when they hosted what they dubbed “the first annual Military Family Forum” at the Pentagon in May, followed by the Senior Enlisted Advisers Forum in June. Plans for a second military family forum are already in the works to keep the momentum going.

There was excitement as people attended the various workshops. Dorothy Ogilvy-Lee, who heads the Na-

tional Guard Family Program, said the recent Pentagon focus on family issues validates the work she and many of the other attendees have been involved in for years.

“We’re in the people-building business,” she said.

A large contingent of Army, Navy and Air National Guard family coordinators held a pre-conference workshop Aug. 21. The DOD conference kicked off the next day.

Victor Vasquez, deputy assistant

secretary of defense for military community and family policy, opened the meeting and was followed by Alphonso Maldon, assistant secretary for force management policy. Vasquez tackled community well-being, while Maldon outlined DOD initiatives to improve families’ economic well-being.

Bernard Rostker, undersecretary of defense for personnel and readiness, who had been visiting troops in Europe a day earlier, next highlighted the department’s awareness of the need for family readiness. He said the DOD’s overall goal is to build “strong communities that create cohesion and career commitment.”

Rostker announced an initiative to meet more of the DOD’s child-care needs by increasing in-home care. Calling this segment “the largest untapped portion of our child-care program,” he noted the effort would also provide more employment opportunities for spouses.

Rostker also announced that the DOD would soon provide Women, Infant and Children benefits to military families serving outside the United States. An amendment to the Title 10, U.S. Code WIC program now authorizes the DOD to provide food supplements and nutritional education overseas.

The DOD plans to run a pilot program at five overseas locations selected by each of the services by January 2001 — two in Europe, two in the Pacific and one at Guantanamo Bay, Cuba. Rostker said he expects the WIC Overseas program to be fully implemented by summer 2001.

Charles Cragin, assistant secretary of defense for reserve affairs, later turned the spotlight on reserve component families. Because frequent deployments are now as much a reality for them as they are for active-duty families, he said, the DOD has made major strides in its reserve affairs family program.

However, still more effort is needed, said Cragin, a 37-year reservist who knows the issues firsthand. The DOD is looking at ways to maintain uninterrupted health and dental care for guardsmen and reservists, for example.

Cragin spoke about a woman who discovered her family could not get dental coverage while her husband was deployed for 270 days, because he fell short of a policy requiring two years active service.

“They told her, ‘Sorry,’” Cragin said. “Well, ‘sorry’ just isn’t good enough. We changed that policy.”

Throughout the conference, motivational speakers addressed the group on ways to improve quality of life. Ric Edelman, author of “How to Create Wealth Without Really Trying,” gave tips on how even junior-grade troops can save money. Federal Trade

●Turn to FAMILY Page 13

Features

For this airman, when it comes to doing your duty and making the right choices : It's all about family

Tech Sgt. Sean E. Cobb

*325th Fighter Wing
public affairs*

For Senior Airman Brandi S. Hernandez, the Air Force is part of her family, and even though it took getting out of the Air Force to realize it, she is back where she belongs — with her family.

“My father was in the Air Force, he is a retired master sergeant,” said Hernandez, 325th Mission Support Squadron commander support staff specialist. “I mainly joined the first time because I grew up around the Air Force family, I liked what I saw and I wanted to be a part of it.”

She realized there were many benefits associated with the Air Force, even as a kid. “We always had good schools, a youth center, bowling alleys, places like that to go to,” she said. “The best part of being raised as an Air Force ‘brat’ was that all of us kids were close. Everything we wanted to do was right on base — that was nice.”

Hernandez worked a few jobs before she came into the Air Force, enough to find out what she really wanted in a career. “I worked several different jobs before I decided on the Air Force,” she said. “One of them was in the restaurant business, and I also worked for a campground at Yellowstone National Park.

“These jobs gave me some experience on the outside — enough to know that what I wanted was in the Air Force,” Hernandez said. So she looked up the local recruiter in Salt Lake City, Utah, and joined the Air Force in February 1994.

After basic training, she was sent to Hill AFB, Utah for her first duty assignment. “I was in the services squadron at Hill Air Force Base, and I worked in the fitness center for a while, then I went over to lodging,” Hernandez said. “I was having a great time working in the Air Force. It was all I had hoped it would be.”

After two years at Hill AFB, Utah, Hernandez was assigned to Andersen AFB, Guam, where she eventually worked in the dining facility. “This was the best place ever to work,” she said. “It was a combination of the people who worked there and my supervisors — everyone cared about each other. We had a lot of fun on the job, and that didn’t hurt either. This was also where I met my husband, Adam.” Staff Sgt. Adam V. Hernandez was a storeroom supervisor in the dining facility at Andersen AFB.

Hernandez liked her job in the services squadron, but she was also looking to broaden her career horizons, something she knew could be done in the Air Force. “In 1998 as a first-term airman, I had an opportunity to cross-train, so I put in to work in the personnel field,” she said. “At the same time, I was expecting my second son, Jalen.

“I was accepted into the personnel career field, got my orders for technical school and a follow-on to Pope Air Force Base (North Carolina,”) she said. “My husband still had at least a year left at Andersen Air Force Base.”

That was when she had to make a difficult choice. “Family has always been important to me,” Hernandez said. “My family and my Air Force family. But I just knew I had to try and keep my family together, especially with a new baby on the way.

“So I had to make a very tough choice,” she said. “I didn’t want to get out, I really enjoyed the Air Force — but it was important to me at the time to keep my family together.”

Hernandez left the Air Force in May 1998 and discovered very soon that civilian life was not what she really wanted for herself and her family. “I worked for a while in the child development center on base because I love kids,” she said. “But this was pretty hard on me as I was still close to the Air Force, but no longer an active-duty member.

“I know this is a cliché, but it’s not always greener on the other side of the fence,” Hernandez said. “I had a good job, several good jobs, after I left the Air Force, but it just wasn’t the same. Some people think that some things are not quite right in the Air Force — pay, bad bosses, things like that. But let me tell you, it can be the same on the civilian side but without some of the protections that the Air Force gives us.”

Hernandez joined the Air National Guard in June 1999 from Kirtland AFB, New Mexico, where her husband was stationed; made staff sergeant, and became a personnel specialist. Soon after that, she transferred to the Air Force Reserve.

Still, something was missing. “I just wasn’t happy as a civilian,” Hernandez said. “I missed being a part of the Air Force community, being a part of something important. It always made me proud to do my duty for my country, and I wanted to do it again.”

Hernandez contacted her recruiter in Roy, Utah, where she was living at the time, and was on her way back into the Air Force. “I had an awesome recruiter, Staff Sgt. Bethany Miller,” she said. “She did a wonderful job for me, helped me with the whole process and got me into personnel, which was my first choice.”

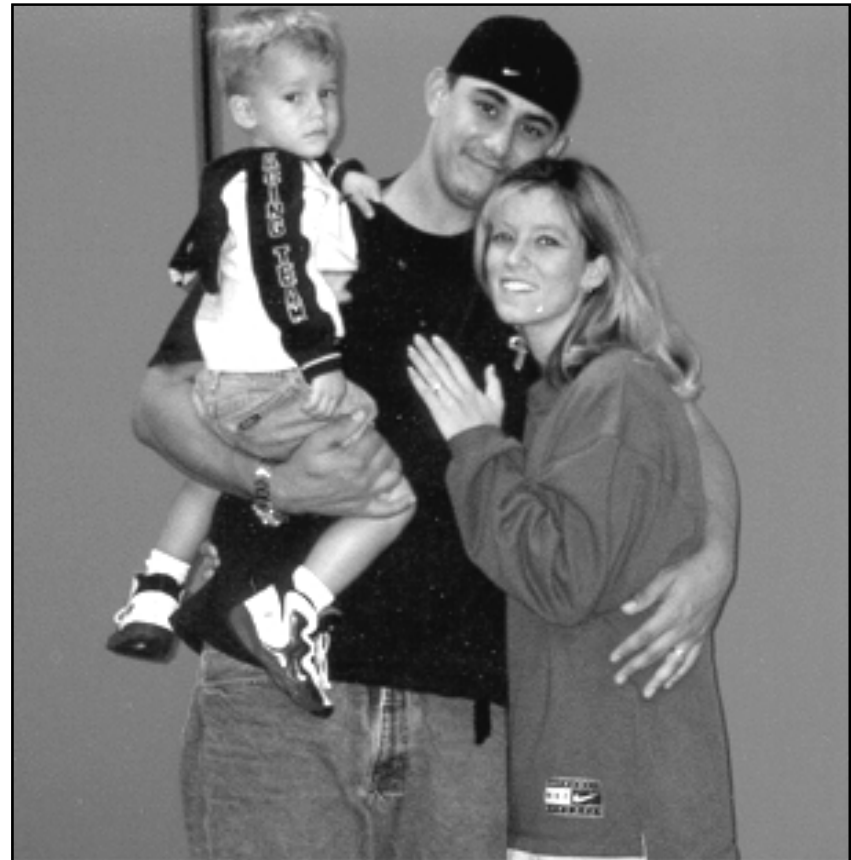
Hernandez says she has many reasons for re-joining the Air Force, but the biggest reason was her family. “I have a lot of reasons for coming back,” she said. “Job security, the security of a base, better money and benefits, education for both me and my children and medical benefits for my family.

“But the main reason I came back is that my kids are the most important people in life to me

and I know that I am giving them a better way of life in the Air Force. I know this because I have been a kid in the Air Force. I’ve been in the Air Force and I’ve been out of the Air Force and you just can’t beat it.”

So what is next for Hernandez? “Well, I know I have a future in the Air Force,” she said. “I am doing a job I love, I have promotion opportunities, and I am looking forward to going as far as I can go in the Air Force — I’m a lifer.

“My husband is at Kirtland Air Force Base right now, but we are working on getting stationed together soon, possibly as soon as December,” she said. “Then we will all be together again; I will have my family, my Air Force family, my whole family — and that’s what it’s all about.”



Courtesy photo

Senior Airman Brandi S. Hernandez, 325th Mission Support Squadron commander support staff specialist, right, with her husband, Staff Sgt. Adam V. Hernandez and their son Austin.



Tech. Sgt. Sean E. Cobb

Austin, right, gives Jalen a hug when Hernandez picks him up from the Tyndall Bay Base Program at Tyndall Elementary School.



Tech. Sgt. Sean E. Cobb

Hernandez serves up some breakfast for Austin, left, and Jalen before they head off for work, school and the child development center for the day.

Carol Nadeau gives 48 years of service to the Tyndall community

Tech. Sgt. Sean E. Cobb
325th Fighter Wing
public affairs

Although there have been many changes at Tyndall, there has been one constant — Carol W. Nadeau, 325th Medical Group registered health information management technician and medical record administrator, has been on the job serving the people of Tyndall and the surrounding communities for more than 48 years.

"I first came to work at Tyndall when I was 25," Nadeau said. "It was December 21, 1951 and I began as a clerk-typist in the office of personnel. I came down from Norman, Okla., and got the job in this area because my sister was here, and I had heard that working for the civil service was a good job. So that was what I wanted to do. I have been here the whole time since then at Tyndall."

After working in personnel for a while, she moved to a new job. "I started working in the hospital on July 21, 1962 as a clerk-stenographer," Nadeau said. "That was back when we used typewriters and we didn't even have recorders; we used shorthand. Yes, there have been a few changes since then."

Some of those changes have been due to the many changes of major commands over Tyndall, according to Nadeau. "We have had many different commands," she said. "First we were Air University, then Air Training Command, Tactical Air Command, Air Combat Command and now we are under Air Education and Training Command. So being under all those different commands came with a lot of changes. Our mission at the hospital has always been the same, though; taking care of people."

Some of the other changes she has seen at Tyndall were in the infrastructure. "The base has changed so much," she said. "The old hospital used to be in the building where the Sand Dollar Inn is now. Then we moved over here where we are and started to spread out to other buildings because we were so big. Now we have started to consolidate back to this building. "The personnel building, where I

first came to work, was right where the static aircraft are there in that park (Flag Park) across from the main gate," she said. "There used to be a big building there, and Heritage Park used to be noncommissioned officer housing. But the housing was very old so they tore it down. I think the park looks lovely now."

Even though there have been many changes at Tyndall, some things have stayed the same, according to Nadeau. "The people have definitely stayed the same," she said. "The way we do things has changed, but the people I work with are about the same. I like working with Air Force people — if I didn't I wouldn't have worked here for almost 49 years — I love them!"

Everyone who comes in contact with Nadeau loves her too, according to Helen A. Griffin, 325th Medical Group registered health information management technician and medical record administrator. "I love working with Carol because she is a great supervisor and a caring person to the extreme," she said.

"She remembers all the personal things about people she works with, their birthdays and anniversaries, stuff like that, and she will send them cards," Griffin said. "She has a memory for names that you won't believe, and I think it's because she cares so much about people. She's a very special person."

Nadeau has had many experiences since beginning work at Tyndall, but some of the highlights of her career involved military inspections and people working towards a common goal. "Over the years, we have worked as a team and have always done well on inspections," she said. "That always makes me feel good when we have done 'outstanding' — it's great to see everyone work together to get things accomplished."

"One of the greatest highlights of my career was in 1994 when we were due up for accreditation," Nadeau said. "We had a new computer with a software problem and couldn't code the records into the system. So what we did was send all the discharge records out to the doctors and when we were



Tech. Sgt. Sean E. Cobb

Left: Carol W. Nadeau, 325th Medical Group registered health information management technician and medical record administrator, checks a medical record. She has worked at Tyndall for more than 48 years.

Below: Nadeau, second from right, gets her ten-year civil service pin during a ceremony in 1961.



Courtesy photo

done not one record went un-computed. That year we got an outstanding rating and a commendation — it was all because of teamwork."

Because Nadeau likes her job so much, she plans to stick around for a while. "I definitely enjoy my job and wouldn't a bit mind if I continued working as long as I am doing a good job," she said. "One thing about this job is that there is always something new. I like keeping up with all the changes in the medical field — it's exciting."

This excitement and commitment make Nadeau a true professional, a fact that was recognized by the International Who's Who of Professionals in 1997. She was inducted into this league of professionals for her outstanding professionalism and civic achievements, a professional who has served her community well.

So after being here so many years, does Nadeau have any advice for new people arriving at Tyndall? "I usually tell everyone that this is a great place to be

because Tyndall is like one big family," she said. "When someone new comes in, everyone pitches in and helps them with whatever they need; it's a very close-knit community. Everyone helps everyone else," she added.

With a family like this around, Nadeau has no plans to retire any time soon. "I was recently asked if I could go for 50 years of civil service, and I said 'I can do 50 years standing on my head!'" If you ever get the opportunity to meet her, you will believe it too.

Gulf Guide

SEPTEMBER

FRI 8

Command chief position

An opening exists for command chief master sergeant for the 14th Flying Training Wing, Columbus AFB, Miss. The reporting date is Sept. 30. Chief master sergeants interested in applying can send their application packages to: 14FTW/CCC, attention Chief Master Sgt. Tealy Williams, 555 Seventh St., Suite 201, Columbus AFB, Miss., 39701-1000. For more information or application package requirements, call Chief Master Sgt. Tealy Williams, DSN 742-7005.

Fury Reunion 2000

A reunion for all current and former 1st Fighter Squadron Furies and their spouses is today-Sunday. For more information, call Capt. Wesley Hallman, 283-4327 or Staff Sgt. Daniel Kelley, 283-4868.

SAT 9

Voter registration day

Voter registration day for all state elections will be 9 a.m.-2 p.m. Saturday at the Tyndall Base Exchange.

SUN 10

Parish picnic

A Protestant parish picnic and combined worship service will be 10 a.m. Sunday at Heritage Park. The 9:30 and 11 a.m. services will not take place on this date.

Transition assistance

A three-day, transition-assistance workshop will be 8 a.m.-4:30 p.m. Sunday-Tuesday for those leaving the military within the next 180 days. Topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills, Veteran Affairs benefits and more. Spouses and Department of Defense civilians are welcome. For more information or reservations, call the family support center, 283-4204.

MON 11

Raptor poster

The F-22 Raptor poster "Raptor Over Tyndall" will be available for signing at the Tyndall Base Exchange mall area Monday-Sept. 17. Artist Ken Redd will be signing the posters each day from 11:30 a.m.-12:30 p.m.

TUE 12

Couples' workshop

The four-session couples' communication workshop will continue 3-5 p.m. Tuesday, Sept. 19 and 26 in the family advocacy conference room. For more information or to register, call family advocacy, 283-7272.

Boating skills course

The Coast Guard Auxiliary Flotilla 19 boating skills and seamanship course will continue 7-9 p.m. Tuesday in the classroom next to the Coast Guard Station on the Coastal Systems Station. The course will offer knowledge of seamanship and navigation rules. There is no charge for the instruc-

tion, but a \$25 material charge is necessary for the textbook and study guide. The course will meet Tuesday and Thursday evenings until Oct. 10. For more information, call Don O'Neal, 769-1896

Boating safety course

The Coast Guard Auxiliary Flotilla 16 boating skills and seamanship course will be 7-9 p.m. Tuesday and Thursday in Room 231 of Gibson lecture hall in GCCC's Student Union East building. The core portion of the course will be Tuesdays and Thursdays, ending Oct. 2. The full course will end Oct. 31. The cost of the course is \$30 for the text and workbook. For more information, call Paul Sutliff, 271-0650, evenings, or visit the Flotilla web site at: gctr.com/flotl_6.html.

FRI 13

NCO Association meeting

An NCO Association meeting will be 11:30 a.m. Wednesday in the community activities center Emerald Room. For more information, call Staff Sgt. Robert Barnett, 283-8734.

THU 14

Vigil run

A 24-hour vigil run will begin 4 p.m. Thursday in Flag Park to kick off Tyndall's observance of Missing in Action and Prisoner of War Recognition Day Sept. 15. The run will end at the start of the 4 p.m. retreat ceremony Sept. 15. Anyone authorized to enter Tyndall may join the activities. For more information, call Senior Master Sgt. Samuel Kimbrel, 283-7729.

FRI 15

MIA/POW Day

National Missing in Action and Prisoner of War Recognition Day will be Sept. 15. A luncheon will be held at noon in the officers' club; a memorial service will be 3:30 p.m. in Chapel 1 and a retreat ceremony will be 4 p.m. in Tyndall's Flag Park. Anyone interested in participating may call Senior Master Sgt. George Mason, 283-4700 or Tech. Sgt. Ishraph Mohammed, 283-4336.

NOTES

Highway 98 milling

Anderson Columbia is milling the westbound lanes of Highway 98 from the DuPont Bridge through Tyndall Drive. Work will then proceed in the eastbound lanes. They are also planning to place asphalt shortly before the milling is complete. Motorists are advised to exercise extreme caution when traveling to and from the base as lane closures are expected.

RETIREE NEWS

Identity theft

With the advances in technology, identity theft has been on the rise and causing problems for thousands of individuals, members of the retiree community included. Identity theft occurs when someone gains key pieces of information about another person for the purpose of establishing a line of credit. Although Social Security numbers were originally intended to be used for record-keeping purposes by the Social Security Board only, over time and with the penetration of computers

into almost every aspect of modern life, Social Security numbers have become widely used.

With your Social Security number and a few other key facts, an imposter can assume your identity and wreak havoc with your life. Safeguard your personal information, including your Social Security number. Keep your Social Security card in a safe place; don't carry it around with you. Shred pre-approved credit card applications, credit card receipts, bills and other financial information. Be careful about giving your Social Security number to others. You will need to give your number to some business and government agencies, like your employer, your bank and the Internal Revenue Service at tax time, but always know who you are giving it to and how they will use it.

You can refuse to give your Social Security number, but that business or agency is not required to give you service if you refuse. Use your Social Security number only to conduct necessary business, and if you have good reason to suspect that someone is misusing your number, report it to Social Security's Fraud Hotline, (800) 269-0271.

RAO newsletter

If you are a military retiree and can volunteer a few hours each week in the Tyndall Retiree Activities Office, call 283-2737 between 9 a.m. and noon or e-mail: tyndallrao@aol.com.

Home delivery of the *Gulf Defender* is available for \$16.50 a year by calling the *Panama City News Herald*, 747-5000 or (800) 945-8888.

Air Force retiree news is also posted on the Tyndall Home Page. Visit the news section to see an electronic copy of the *Gulf Defender* posted weekly or visit the Air Force Retiree Affairs Home Page at Randolph AFB, Texas through Tyndall's Retiree Activities link at: www.tyndall.af.mil.

YARD SALES

The following yard sales are scheduled for Saturday: 2863-B Sabre Drive and 3422-A Mathies Court. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Thomas and the Magic Railroad" (G, 85 min.)
Saturday: "X-Men" (PG-13, 104 min.)
Sunday: "X-Men"
Thursday: "Big Momma's House" (PG-13, crude humor, sexual innuendo, language, violence, 99 min.)

BERG-LILES DINING FACILITY

Today
Lunch: savory-baked chicken, pasta with clam sauce
Dinner: ginger-barbecued chicken, onion-lemon baked fish

Saturday
Lunch: grilled mustardy chicken breast, Swedish meatballs
Dinner: creole fish fillets, chicken nuggets

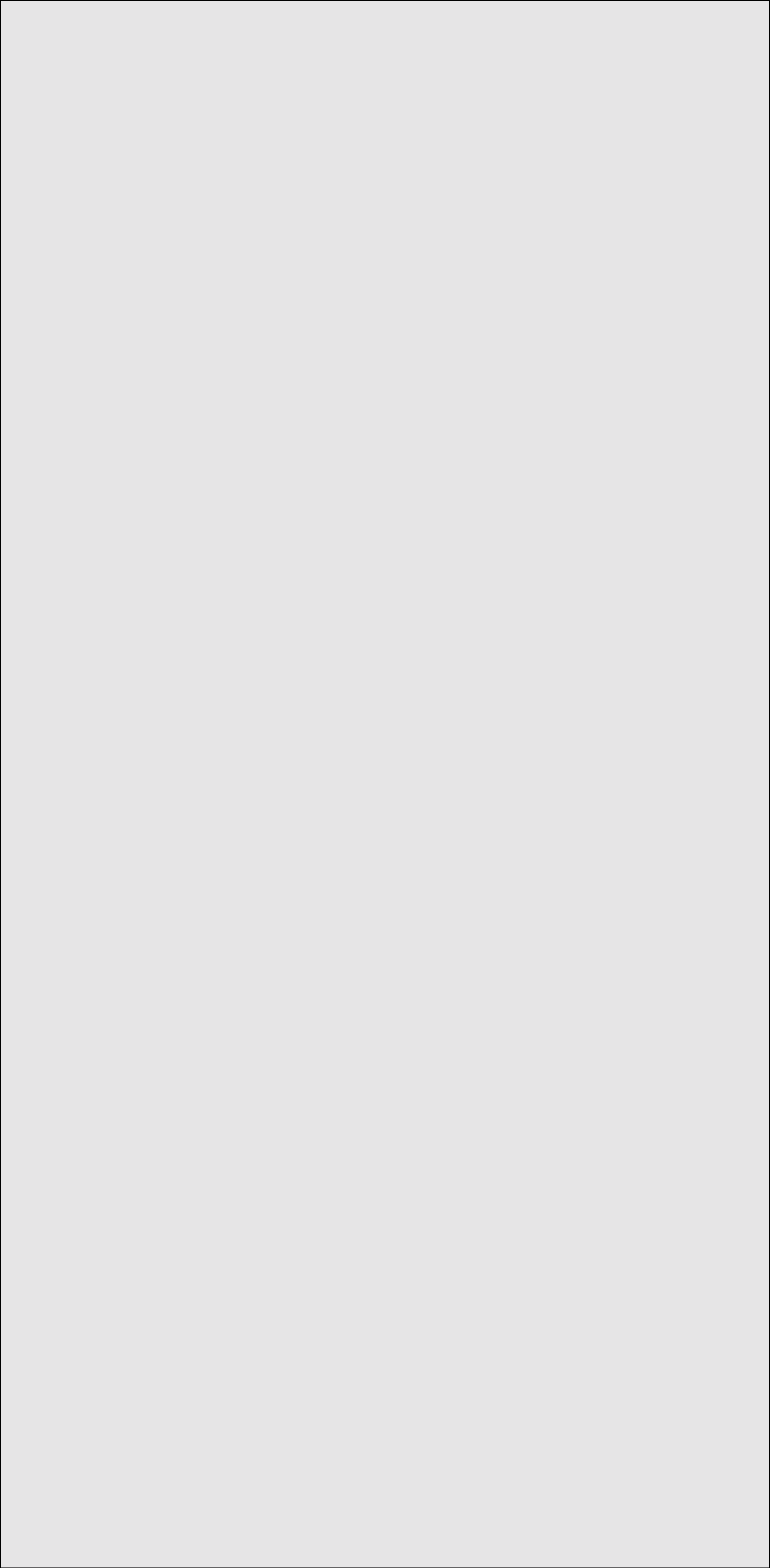
Sunday
Lunch: beef pot roast, Parmesan fish
Dinner: chili macaroni, lemon-baked fish

Monday
Lunch: hot and spicy chicken, Swedish meatballs
Dinner: spicy baked fish, meat loaf

Tuesday
Lunch: baked turkey and noodles, baked ham
Dinner: roasted pork loin, lemon-herbed chicken

Wednesday
Lunch: veal Parmesan, spaghetti with meat sauce
Dinner: lemon-baked fish, jaegerschnitzel

Thursday
Lunch: Chinese five-spice chicken, seafood pie
Dinner: grilled bratwurst, roasted pork loin
Menus are subject to change.



AF unveils revitalized mentoring program

WASHINGTON (AFPN) — The Air Force recently announced its expanded senior leadership-driven mentoring program that applies to every officer, enlisted, civilian, guard or reservist in today’s Total Force.

Air Force Instruction 36-3401, Air Force Mentoring, was originally geared toward captains and lieutenants only. The new version includes all Air Force members and broadens the relationship between Air Force members and their immediate leadership, according to Air Force officials.

The program’s goal is development of all Air Force people: To help every member reach his or her full potential, they said. The new program sets the stage for real cultural change and is geared toward developing a network of support where mentoring is everyone’s responsibility, not just those in supervisory positions.

“Mentoring is essential for everyone,” said Col. Pat Keating, Personnel Force Development chief of the education division. “It’s easy to mentor someone who thinks, acts or looks like us. We need to work the hard part, mentoring people who aren’t like us.

“Successful mentoring means we focus across race, gender, career fields and leadership styles,” Keating said. He added that although this may not

be initially comfortable, the rewards of actively including everyone in the life of a unit are countless and will result in the fully realized potential of every person and improved mission performance.

“As role models, mentors embody core values and demonstrate an inclusive attitude toward everyone they contact,” he said. “The timing of the new mentoring program coincides with the greatest work force diversity ever experienced in our Air Force. It also comes at a time when the Air Force is pursuing many other initiatives that focus on force renewal and development.

“Mentoring can be the pivotal link between those initiatives, making the connection between the member’s individual goals and aspirations and the Air Force’s mission and goals,” Keating said.

Mentoring seeks to fully develop members who are competent, understand their place in the mission and are motivated to find solutions to problems, he said. The very first step is personal and professional development. According to the instruction, “mentoring is an essential ingredient in developing well-rounded professionals and competent future leaders.” It’s done one-on-one, formally and informally and in meetings like commander’s calls.

●FAMILY from Page 9

Commission representatives talked about a new web program called “Soldier Sentinel” that is helping law enforcement officials eliminate scams against service members.

But it was retired Chief Master Sgt. of the Air Force Bob Gaylor who stole the show on opening day with his talk titled “High Tech, High Touch.”

With a humorous, folksy twist that had even the top Pentagon leaders in stitches, Gaylor said to embrace technological advances that make life easier, but do not let them take away the “human touch.”

“My wife and I have a microwave fireplace,” he said. “What a great gadget. You can lie in front of it all night in eight minutes,” he said. “I just made that up.”

High-tech gadgetry is here to stay, Gaylor said. “The last gadget you bought was outdated when you plugged it in. It’s like ‘Old Man River;’ it keeps rolling along. It just keeps getting better and better.

“I like it. I don’t understand all of it, but that which I do, I like. My VCR’s blinking 12 o’clock and I don’t know how to stop it. ... I’m still fascinated by my garage door opener. Sometimes I sit in the car and watch (the garage door) go up and down.”

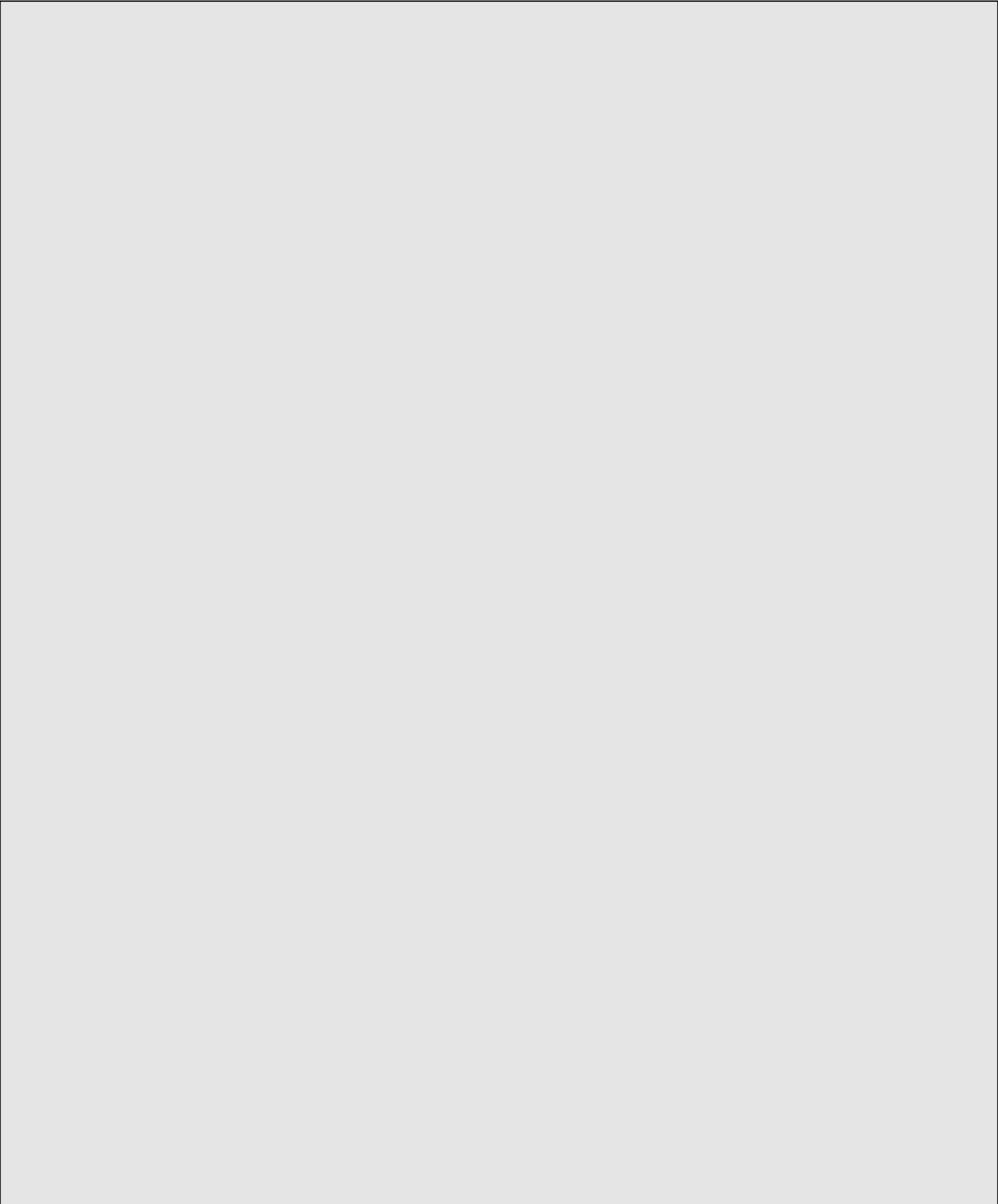
But, Gaylor said, people still need “high touch.” That means caring, sharing, giving and doing things together and for people. “It’s an interactive thing,” he said. “A hug is high touch. Good service in a restaurant. Allowing someone to merge in heavy traffic and they wave to you and you feel virtuous.”

He told of seeing an 11-year-old boy named Juan in Laredo, Texas, who delivered burgers and fries from a local stand after school. The boy actually ran to the customer’s address and then ran back. Gaylor asked Juan why he ran, and the boy replied, “People like hot french fries.”

“People need to be treated like we would like to be treated,” Gaylor concluded. “I believe that has a name. It’s called the Golden Rule.”

The chief then saluted the military’s new emphasis on family concerns. “When I went to Korea years ago, I left behind a wife with two children and a newborn,” he recalled. “When I tried to talk to my platoon sergeant about it, he said, ‘Why are you talking to me? That’s your concern.’”

As this conference shows, Gaylor said, times have changed, and it is definitely a new age for military families.



McChord unveils towering logo

Tech. Sgt. Tonya L. Keebaugh
62nd Airlift Wing
public affairs

MCCHORD AIR FORCE BASE, Wash. (AFPN) — In an effort to introduce the new Air Force logo to the public and to potential recruits, the Air Force selected the water towers at McChord AFB and at Lackland AFB, Texas, to feature the image. McChord has completed the project of incorporating the new logo onto its water tower. The 166-foot structure holds 150,000 gallons of water and towers above the estimated 176,000 cars that pass by the base daily along Interstate 5.

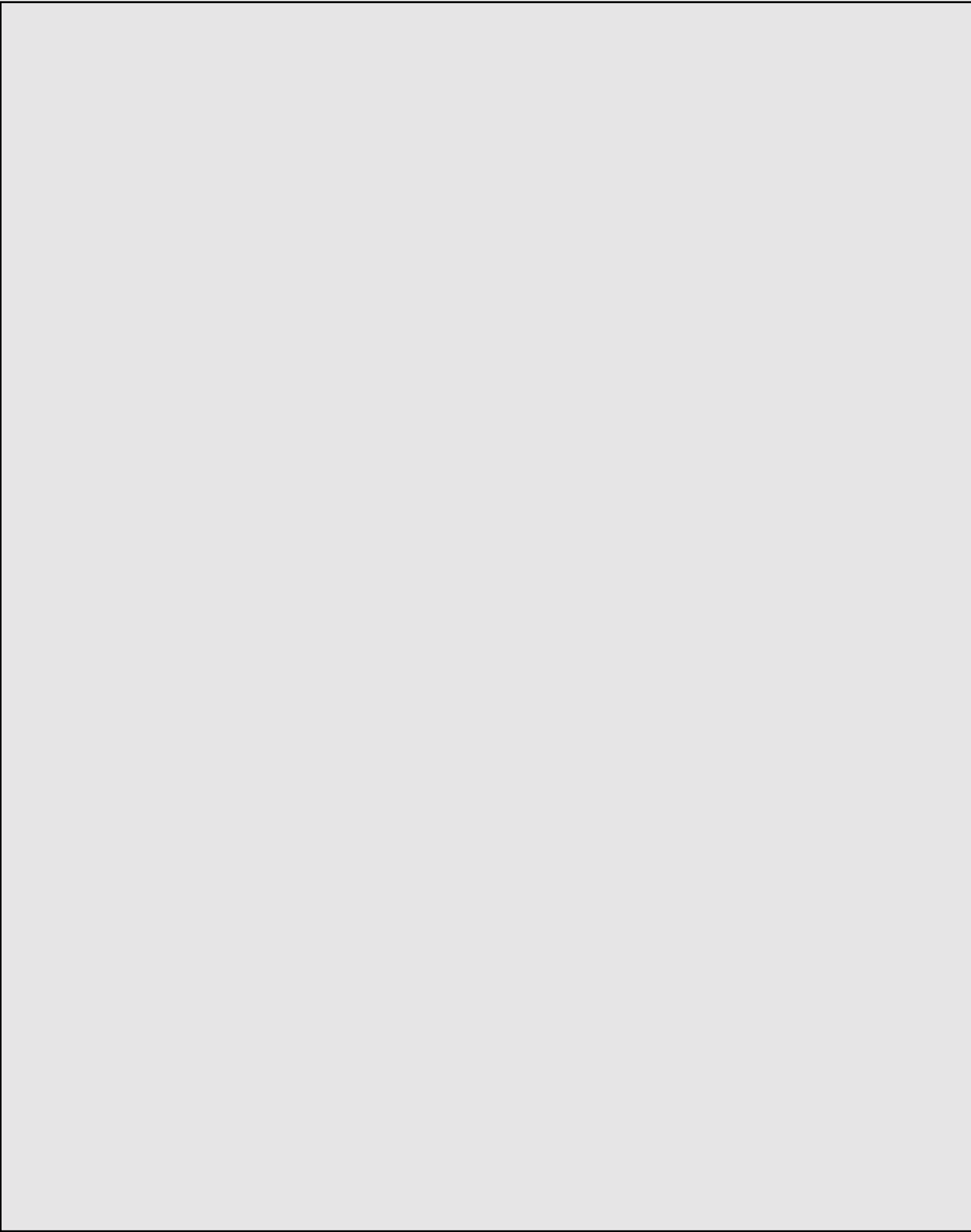
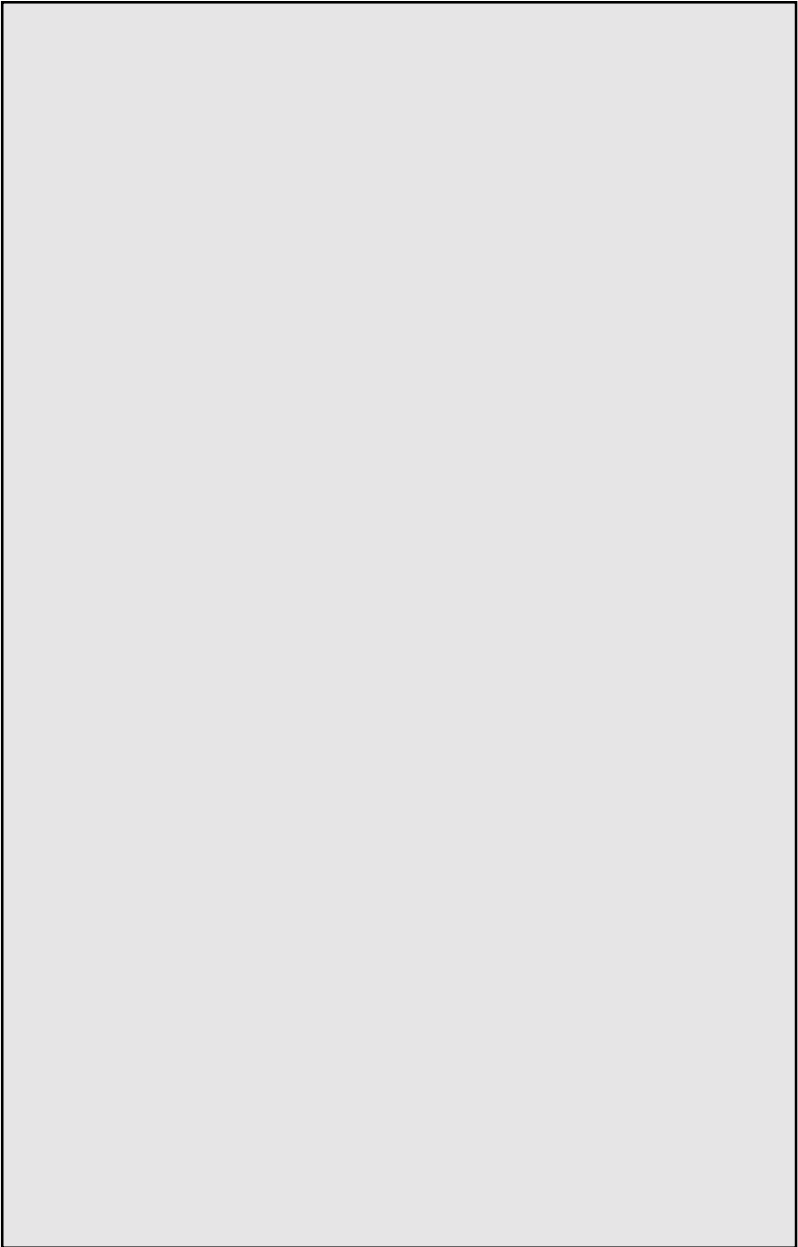
Other bases were chosen to place the new logo near their main gates. Currently only McChord and Lackland will have their water towers painted. The 62nd Civil Engineer Squadron sent the bid out for the contract to paint the tower. Ostrom, a local company, won the bid. “We think the contractor did an excellent job on the tower,” said Gary Hall, chief of construction management. “The project started Aug. 21, and they were doing the final touch-ups by Aug. 25. They also put a clear coat on it Aug. 28.” The logo covers an area of approximately 16 by 24 feet. The 62nd CES worked closely with

the contracted painters and the Air Force Civil Engineering Support Agency at Tyndall, who provided the guidance on the size, location and accompanying text of the symbol, said Matt Kitterman, engineering project manager. According to Kitterman, the project cost \$10,623. “That’s money well spent if our return is what we hope it will be,” said Maj. Bill Barksdale, McChord AFB chief of public affairs. “Hopefully the symbol, along with the new Air Force commercials (currently being shown in movie theaters), will inspire people to join us and support us like our force deserves.” The new Air Force logo is being used on various infrastructures around the Air Force to determine its impact.



Courtesy photo

The new Air Force logo appears on the water tower at McChord AFB, Wash.



Commentary: Pet care is a lifelong commitment

Linda D. Kozaryn
American Forces Press Service

WASHINGTON (AFPN) — You can't dump your wife, husband or children on the side of the road and drive away — no matter what they've done. So why do people think they can dispose of cats and dogs that way?

Unfortunately, some people don't make the same "for better or worse" commitment to their pets. If they did, the nation's 4,000 to 6,000 animal shelters would not be putting 6 million cats and dogs to sleep each year.

Military installations and civilian communities face the same problems with abandoned pets. For its part, the Department of Defense intends to help teach people about responsible pet ownership.

"We're hoping to fund a program in the coming fiscal year to develop and distribute educational brochures and pamphlets that will be sent out through veterinarians, pest management, natural resource and morale, welfare and recreation officials," said Alison Dalsimer, DOD environmental security office contract natural resources management specialist. "Ideally, the products will become part of the standard information given to military personnel when they come to a base."

The DOD's program will explain what happens to animals abandoned by their owners, Dalsimer said. Many live short, unpleasant lives, and eventually end up killed by predators, disease or cars, or they end up in shelters.

She said it is easy to be a responsible pet owner: Just remember your cat or dog depends on you to provide companionship, healthy food, veterinary care, shelter and safety —

and this commitment lasts for the life of the animal. Healthy cats and dogs can live 10 to 18 years.

Potential pet owners should take several factors into consideration before adopting an animal, according to Army Capt. Scott Allen, Tyndall Veterinary Treatment facility veterinarian. He said, "The best course of action is first, before obtaining any pet, be absolutely certain that a pet is what you want and that you are fully committed to providing for its care. If circumstances force an owner to relinquish ownership of his or her pet, the best option for the pet is to advertise the pet for adoption, and typically, it's in the pet's best interest if a small fee is required. People will take better care of a pet if they paid for it than if it is given to them for free. The alternative is to take the pet to the Bay County Humane Shelter."

Pending the start of the DOD's educational program, Dalsimer pointed to tips offered by the Humane Society of the United States to help pet owners.

- Spay or neuter your pet. This will keep them healthier and help reduce the problem of overpopulation.
- License your pet according to local laws.
- Attach an identification tag to your pet's collar with your name, address and telephone number.
- Make your pet an indoor pet. The pet should live inside with the rest of the family. The American Bird Conservancy, a non-profit organization dedicated to the conservation of wild birds and their habitats, has launched a campaign to promote humane removal of free-roaming cats from sensitive wildlife areas and to persuade cat owners to keep their cats indoors.
- Keep your cat or dog on a leash



Tech. Sgt. Sean E. Cobb

Taking care of your pet properly can ensure it has a long, healthy and happy life.

or under your control whenever you take it outside for exercise. This will protect your pet from cars, other animals, disease and theft, as well as from being a public nuisance.

- Give your pet a nutritious diet, including constant access to clean water.
- Give your pet plenty of exercise.
- Be sure your pet receives proper veterinary care and keep up with the necessary vaccinations, including rabies shots.
- Train your pet patiently and give it lots of love and attention.
- Groom your pet often to keep the coat healthy, soft and shiny. Grooming sessions are a wonderful opportunity to bond with your pet.
- Have realistic expectations about your pet. Nobody is perfect. Make a commitment to work through any behavior or health problems that may arise. Don't just get rid of your pet.

- Visit your local animal shelter when it's time to bring a new pet into your life. Adopt one of the many homeless animals that wait for a lifelong, responsible home.

Allen has some advice for Tyndall pet owners to keep their pets safe. "First, be certain that all pets are current on vaccinations, especially rabies. Tyndall is located in a rabies-endemic area. Second, be sure to have an identification tag on all pets. This should include the Tyndall rabies tag for all pets on base (all pets living on base must be registered at the VTF), and rabies vaccinations are required annually both on base and in Bay County.

"On base and in Bay County, leash laws are in effect, and no pet should be allowed to roam," Allen said. Most folks understand this as it applies to dogs, but cats really

should not be allowed to roam either. For dog owners, every dog in Florida, whether living indoors or out, must take monthly heartworm prevention. Heartworms are parasites carried by mosquitoes, and it only takes a single bite to infect a dog.

With the warm climate here, it is also essential that fresh, cool water be available to pets at all times," Allen continued. Be aware that most beaches do not allow pets, but, for those that do, for any dog that has never been in saltwater, do not allow him or her to consume large quantities as it can cause severe dehydration and death."

For more information on pet care and keeping your pet healthy, contact the Tyndall Veterinary Treatment facility at 283-2434 or visit the Humane Society web site: www.hsus.org.

F-22 milestone completed ahead of schedule

EDWARDS AIR FORCE BASE, Calif. (AFPN) — The F-22 Combined Test Force completed another major Defense Acquisition Board milestone ahead of schedule Aug. 22. The test involved F-22 flight maneuvers with its weapons bay doors open and at high angles of attack.

The milestone, officially titled “Initiate High AOA, or Angle of Attack, with Weapons Bay Doors Open,” was the third of nine flight test-related milestones completed this year. According to test engineers at the F-22 testing facility, the aircraft passed its milestone “with flying colors.”

Other milestones for 2000 include the first flight of Raptor 4003, 4004, 4005, 4006; Radar Cross Section testing; AIM-9 separation testing through AIM-120 separation testing; complete Avionics Block 3.0 first flight; and Block

3.0 function testing.

Milestones completed this year include the first flight of Raptor 4003 and AIM-9 separation testing. Completion of Raptor 4004, 4005, 4006 and the avionics testing milestones can begin once the items complete the manufacturing process and are ready for issue to the CTF. Completion of test points that will culminate with separation testing of the AIM-120 and RCS testing are proceeding satisfactorily.

The AOA test required the F-22 to fly with its center weapons bay doors open and conduct an extensive maneuvering flight with a high angle of attack, or nose-up attitude. The test evaluated the weapons bay doors’ ability to withstand significant changes in pressure gradients generated by the airflow as it passes by the plane’s fuselage.

Lockheed test pilot Jon Beesley

flew Raptor 4002 during the test. Specific flight maneuvers included 360 degree rolls and full pedal sideslips, where the pedals, or rudder controls, are pushed to the full extent of their control travel. Tests were done at 35,000 feet at varying airspeeds.

While specific details of the test profile remain sensitive, the aircraft’s performance continued to exceed capabilities of all other fighter aircraft currently in use.

The “F-22 continues to perform outstandingly in all tests that we have performed and it remains unsurpassed in both its handling and flight performance,” Beesley said.

Edwards AFB, Calif. is currently testing three F-22s. Since the start of testing a little more than two years ago, the F-22 program has flown more than 690 hours and completed more than 8,000 flight-test points, or evaluation items and

more than 2,500 maintenance or logistics test points.

The F-22 test team has completed several major flight-test milestones. All have been accomplished ahead of schedule. As an example of applied aerodynamics in action, the F-22 test program remains, based on historical data, the single most efficient flight-test program

in Edwards’ history. The test team has seen continued successes in its ability to fine tune Raptor performance, expand the aircraft’s flight envelope and discover areas to enhance structural capabilities.

All flight-test tasks are essential to help the F-22 reach its ultimate goal of being “the air superiority fighter” of the 21st century.



Judson Brohmer

F-22 Raptor 4002 pitches up with its weapons bay doors open to evaluate the weapons bay doors’ ability to withstand significant changes in pressure as the aircraft goes through a series of maneuvers. The aircraft, piloted by Lockheed test pilot Jon Beesley, successfully completed this test, achieving another test milestone ahead of schedule.

Tyndall’s chapel schedule

Protestant	Reconciliation: 4 p.m. Saturday
Communion Service: 9:30 a.m. Chapel 1	Mass: 5 p.m. Saturday, Chapel 2
General Protestant Service: 11:00 a.m. Chapel 2	Mass: 9:30 a.m. Sunday, Chapel 2
Sunday school: starts 9:30 a.m. Sept. 17	Religious education: 10:40 a.m. Sunday
Kids’ Club: 2:45-5:45 p.m. Wednesday	Chapel 1: 283-2691 Chapel 2: 283-2925
Catholic	Spiritual Maintenance: 283-2367
Daily Mass: noon Monday through Friday, Chapel 2;	Other faith groups: Call 283-2925

Flightline workers should practice flightline safety

Staff Sgt. John F. Garner
325th Fighter Wing
safety office

The core of the Air Force is its aircraft. Working with these aircraft creates many hazards that can damage these multi-million dollar aircraft, or worse, can threaten human life.

The flightline is one of the busiest areas on Tyndall, with hundreds of personnel performing industrial-type work. Here is a list of hazards to be on the lookout for:

- Cuts and bruises from striking antennas and other immovable objects on the aircraft. These can be prevented

by being aware of your surroundings and being cautious while working around aircraft.

- Personal protective equipment is the best solution for mishap prevention, and hearing loss is one of the easiest injuries to prevent. Remember to wear ear protection when working around running engines. While working with dangerous chemicals such as engine oil, hydraulic fluid and liquid oxygen that can cause skin irritation and burns, wear gloves and other appropriate PPE.
- Aircraft damage by government motor vehicles can be costly, but it is easily prevented. One way to prevent this type of damage is

to pay attention to the speed limits on the flightline: 5 mph when within 25 feet of an aircraft and 15 mph on the parking ramp. When towing maintenance stands, the speed limit is 10 mph (or 5 mph when there are two or more being towed). Most importantly, keep your distance from the aircraft. This will prevent collisions with GMVs.

Since the flightline is an industrial work area, there is always something that can go wrong. With safety in mind, we can keep mishaps to a minimum and you, our most important asset, safe. Parts for an aircraft or vehicle are replaceable, but you are not. Keep it safe!

Spotlight



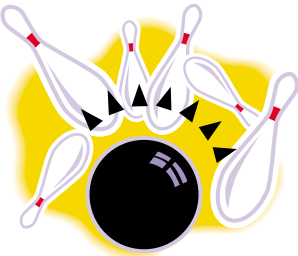
2nd Lt. Angela Rogers

Staff Sgt. Jason Justice

Squadron: 325th Mission Support Squadron
Job title: Assistant NCOIC, Information Management
Years at Tyndall: 4 years
Hometown: Palm Bay, Fla.
Why did you join the Air Force: To see the world. I have traveled all over Europe, and I've spent time in Korea. Job security is also very important to me.
Most exciting facet of your job: Working with the personnel specialists in the military processing facility.
Short term goals: To start work on my college education.
Long term goals: To continue making rank.
Favorite book: "Dolphin Digest"
Favorite movie: "Days of Thunder"
Hobbies and off-duty activities: Spending time with my wife, Amy, and two boys, Logan and Jake. Playing softball as much as possible.



Bowl a few frames at *Raptor Lanes*



Hours of operation
Monday-Wednesday: 10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.



Sports and fitness

Total fitness fine tunes body machine

Courtesy Tyndall Health and Wellness Center

Fitness. It’s a much-confused term. To some, it means being trim or muscular. But total fitness is more than that — it means keeping your body machine in top working order. A total physical-fitness plan includes two types of exercise — aerobics (which exercise large muscle groups and increases your body’s ability to use oxygen) and conditioning exercises (which improve muscle

flexibility and strength).
Aerobics
The Core of Your Program
Your heart pumps oxygen-rich blood to the rest of your body, and since the heart itself is a muscle, it needs exercise to maintain strength and endurance. Aerobics exercises your heart by helping it reach and maintain a Target Heart Range for at least 20-30 minutes.
Your THR is the safest range of

heartbeats per minute during exercise. Activities such as swimming, walking, jogging, running and handball are all aerobic exercises.
Conditioning Exercises
For Flexible, Strong Muscles
Conditioning exercises improve flexibility and muscle strength. Muscles help you move and support all the bones in your body. Stiff, weak muscles can limit movement, fail to support the rest

of your body, and may make it hard to maintain a vigorous activity long enough to reach your THR.
Stretching exercises improve flexibility, while “resistance” exercises (such as push-ups) build muscle strength.
A Healthy Lifestyle
Rounding Out Your Plan
Fitness also includes weight control, proper nutrition and stress reduction. Becoming fit is saying “yes” to life and “no” to unhealthy habits such as smoking and

alcohol and drug misuse. A total fitness plan can improve both the quality and the quantity of the years ahead of you.
Starting Your Plan
As you begin your fitness plan, pace yourself. Know your correct THR and try not to exceed it. Choose activities you enjoy as your core aerobic exercises, and do a variety of conditioning exercises to improve flexibility and muscle strength. Make healthy lifestyle choices to help yourself become healthy and fit.

Fitness goals necessary to good exercise program

Ask yourself a few questions to set target

Courtesy Tyndall Health and Wellness Center

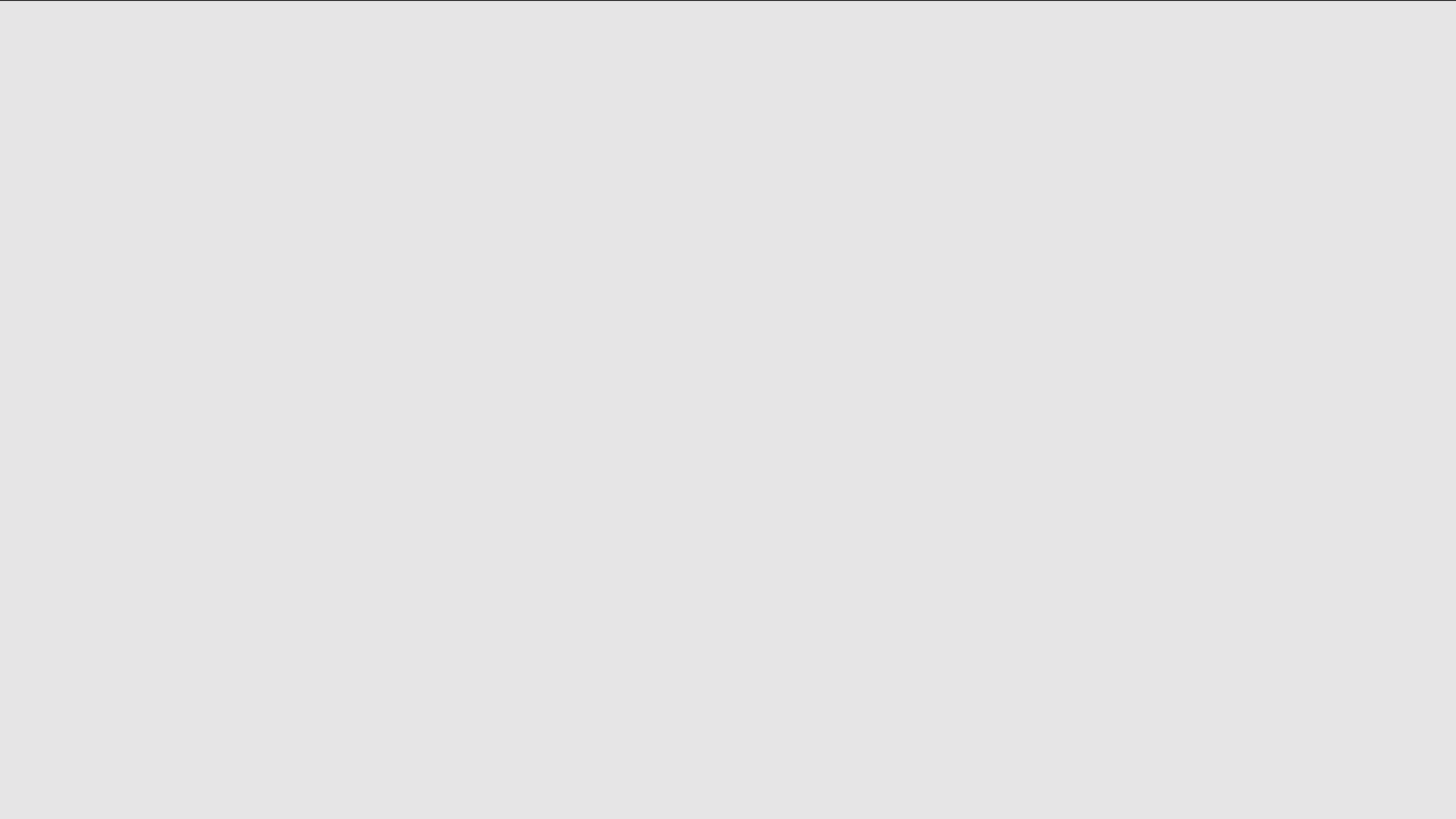
How much and how often you exercise is directly related to your individual fitness goals.
Do you wish to improve your

level of fitness or simply maintain your current level? Are you trying to lose weight or maintain your present weight? Do you want to improve strength or increase your endurance?
Once you’ve answered these questions, the following information can help you determine the best way to achieve your personal fitness goals.
Maintenance
Aerobic-conditioning exercises that help you reach and maintain

your target heart rate should be done for at least 20-30 minutes a minimum of three times a week to maintain good cardiovascular fitness.
The same guidelines apply for weight management and muscular-conditioning — regular workouts at approximately 24-48 hour intervals.
Improvement
To improve your fitness level and aid weight reduction, you should participate in regular

aerobic exercise — walking, swimming, jogging or cross-country skiing — a minimum of four to five times a week.
For weight loss it may be more beneficial to decrease your intensity and increase the duration of your exercise session.
To improve muscular strength, progressively increase the load your muscles must resist. To improve endurance, increase the number of times you repeat a resistance exercise.

Other Considerations
As your fitness level increases, you will probably have to work harder and/or longer to maintain your improved condition.
As a beginner, for instance, you may only need to walk briskly for 30 minutes to reach and maintain your target heart rate. As your body becomes accustomed to this demand, however, you may find that you’ll need to increase your pace or the length of your walk in order to achieve the same results.



Some stress is a good thing

Courtesy Tyndall Health and Wellness Center

Many people think of stress as another way of saying ‘tension’ or ‘pressure.’ Actually, stress is just the way we respond to change. Understanding stress and its effects can help you use it to your own advantage, and turn potential “stressors” into positive challenges.

The Mechanics of Stress

Stress is defined as a response by your body to any demand made upon it. Your body responds to stress in many ways. Hormones, like adrenaline, surge. Your heartbeat and blood pressure increase. Your blood sugar rises. These effects, unchanged for thousands of years, helped prehistoric humans survive by helping them run away faster or fight harder, which is why we often call our body’s reaction to stress the “fight or flight” response.

Positive and Negative

Most people think of stressors, or things that cause stress, as negative, such as traffic, a difficult job or divorce. People are aware of tense muscles, headaches or stomachaches during, before or after such situations.

But stressors can also be positive experiences. Having a baby, bowling a perfect 300 game or completing a satisfying project are all changes that can activate your stress response.

The Effects of Stress

Your body can’t tell the difference between a positive or negative stressor. In either case, your body experiences the same stress effects. If you are not able to let off steam and relax, these effects can be harmful. You may feel tired, depressed or anxious. You may experience physical symptoms such as a clenched jaw or backache. During periods of stress, take care of yourself by getting plenty of rest, eating healthily, exercising and relaxing without alcohol or drugs. Help your body recover from all stress, even when you feel satisfied or excited, to protect your health.

Use Stress to Your Advantage

Stress is like body temperature: If it’s too low or too high, you can’t survive, but the right balance can keep you going strong. It makes sense to use stress energy positively, to meet life’s challenges, experiences and goals. Stress is not all bad. In fact, positive stress can make life both rich and satisfying.

AF prepares for marathon

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Less than a month remains until the fourth annual U.S. Air Force Marathon. This year’s marathon will start at 7:00 a.m. Sept. 16 at Wright-Patterson AFB. Approximately 2,000 runners from 43 states and 3 countries have already registered, according to Tom Fisher, marathon coordinator. More than 3,000 runners from around the world are expected to run this 26.2-mile race.

Two runners who are planning to participate this year have set some unusual goals. Jerry Dunn, “Mr. Marathon,” of Spearfish, S.D., is trying to set a world record by running 200 marathons this year. Rick Henry, of Crystal Lake, Ill., is attempting to run 18,000 miles in 18 months.

This year’s marathon will also feature the Air Force’s Special Tactics and Rescue Specialists parachute demonstration team, known as STARS.

What: Air Force Marathon

When: 7 a.m. Sept. 16

Where: Wright-Patterson AFB, Ohio

Who: More than 3,000 runners from around the world.

Extra: The Air Force STARS parachute demonstration team.

Contact: (800) 656-4350

They are planning a jump before the start of the race. Many of the STARS members will then remove their parachutes after the jump and run the full marathon distance.

For more information, contact the marathon office at (937) 656-4350 or (800) 467-1823.